

Smooth mornings, start the night before.

1

1. Look at your planner or calendar and make a list of what needs to happen tomorrow. Decide what to share with your partner and/or littles.

2

2. If you have littles tell them a bit about what is happening the next day and how you need their help to make it happen. Choose clothes, even if it's just narrowed down to 2 or 3 outfits with time for the final decision in the morning. Do the same for you.

3

3. Know what's for dinner tomorrow night, before you go to bed. Do any needed prep now and add any morning prep to the top of the list; thawing meat, starting the slow cooker, soaking beans, etc.

4

4. Know what you're going to pack for lunches and snacks, then pack and organize as much of it as you can. If you can't pack it all, add to the top of the list what still needs packed and for who.

5

5. Make a plan for breakfast. Set the coffee maker, check for ingredients for a quick omelet or reset your alarm to grab something on your way. This is a great opportunity for frozen breakfast burritos. If you have some made up, thaw enough for everyone and then pop them into the oven while everyone is getting ready.



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